



# MOVE IT OR LOSE IT: HOW TO STAY MOBILE AND STAY SAFE

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## BASIC PRINCIPLES:

1. **DON'T:** add insult to injury- PSP and CBD are trying to take away your mobility. Everyone's muscles weaken simply from disuse. So, use what you have at every opportunity!
2. **DO:** keep moving by any means necessary and be safe doing it. This may mean using a walker so you walk longer, safer. This may mean holding on to the counter as you do standing exercises, or even doing exercises in a chair. Every little bit counts.
3. **DO:** make a movement fun. Play catch from a chair with the grandkids, go walking with a friend, move to music!
4. **DO:** Set a timer for an hour, or even better, 30 minutes. If you are in the same spot, move. Get up and do a few exercises or take a lap around your home.
5. **DON'T:** Fall. It's a challenge to stay moving AND stay safe. In addition to exercise there are some other things you can do, such as:
6. **DO:** Install grab bars and use them- in the bathroom, at the stairs, by the bed. Turn the light on when you get up at night. Wear shoes that fit well. Do one thing at a time and don't rush!
7. **DO:** Get help. To find a physical therapist near you, look for the letters "NCS" (Neurologic Clinical Specialist), or physical therapy departments associated with large hospitals. At the very least, ask if they see patients with neurologic diagnoses. Medicare will cover physical therapy for a limited time when there is a problem to solve- which walker to use, what exercises to do, etc. Medicare does not cover being taken through an existing exercise program- so it is important that you have caregivers trained in how to do the exercises at home. Medicare does require a physician referral, so ask your primary care provider or neurologist for a referral to physical therapy. To find a physical therapist near your home, go to [www.apta.org](http://www.apta.org) and follow the menu item for "find a PT"